



Brown Rice Tabbouleh

Prep time: 30 minutes

Makes: 6 Servings

Try this refreshing Mediterranean inspired dish with tomatoes and cucumbers and seasoned with mint and parsley. Ready in less than 30 minutes or make the night before for a bolder taste.

Ingredients

3 cups cooked brown rice

3/4 cup chopped cucumber

3/4 cup chopped tomato

1/2 cup chopped fresh parsley

1/4 cup chopped fresh mint leaves

1/4 cup sliced green onions

1/4 cup lemon juice



1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Nutrition Information

Nutrients	Amount
Calories	200
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	24 mg
Iron	1 mg
Potassium	202 mg
N/A - data is not available	

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1 1/2 ounces

Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

Notes

Chef's Notes:

Use leftover brown rice from a meal cooked earlier in the week. Or, make a big batch on the weekend to use in this dish and for other easy weeknight meals.

For best taste, refrigerate for at least 1 hour to allow flavors to blend.

Serve over fish or lean meats, with hummus and pita, or as a stuffing inside fresh tomatoes.

Materials: Large bowl, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.

Source: Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners